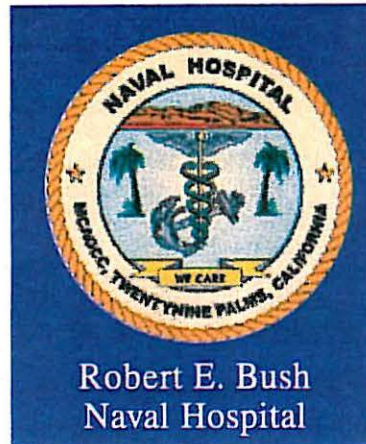


On this day in History...

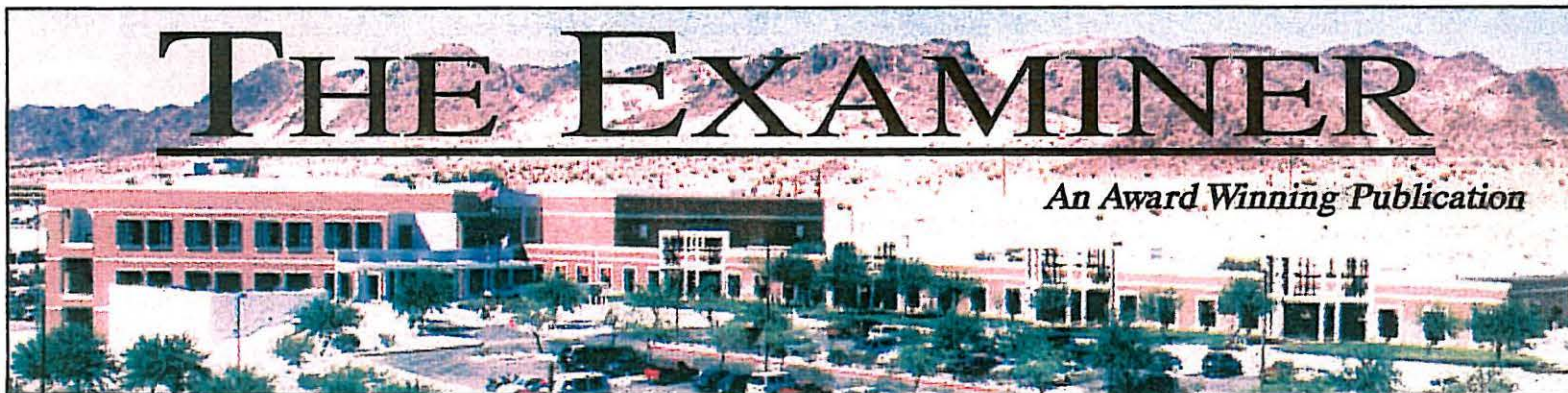
January 17 -- Operation Desert Storm began on this day 1991.

January 27 -- Signing of Vietnam Peace Accord on this day 1973.



Robert E. Bush
Naval Hospital

Happy New Year!



www.nhtp.med.navy.mil

From the Desk of the CO...

Mark 2006 As Another Successful Year at the Naval Hospital

As we embark on a new year, please allow me to capture just a few significant events and accomplishments of the past year that we, as a command, may take pride in.

Throughout the year, an average of 10 to 11 percent of our uniformed staff remained deployed supporting the global war on terror. Currently, about 11.5 percent are deployed and I am providing a listing below with the names of who they are. You will note that HM3 Henrique Soares from Branch Health Clinic China Lake remains on the list; however, following injuries sustained in combat he was evacuated and returned to Naval Medical Center, San Diego recently and I am pleased to tell you that he was discharged to home to convalesce with his family. Also, you may add LCDR Boucher (Clinical Psychologist) to the below roster. Although in an additional duty (ADDU) status assigned to a Marine Battalion, I consider him one of our own and he will be returning from Iraq in February 2007. During this holiday season, please keep all of our deployers and their family members in your thoughts.

LT Steven Park
LTJG David Bird
LCDR Rebecca McKnight
CS2 Christopher Lowery
HN Alexander Alvarez-Nunez
HR Nicholas Bates
HR Brian Brock
HA Brian Bugayong
HN John, Burgess
HR Raul Carbajal
HA Thomas Cardaropoli
HN Song Chong
HA Manuel Delarosa
HA Steven Escalante
HR Roberto Flores
HN Arthur Gmur

HA Mitchell Groke
HA John Henley
HA Michael Hernandez
HN Jose Herrera
HA Eduardo Lopez
HA Janerwin Maddela
HA Gabriel Mason
HN Robert McCandless
HA Ryan Noyes
HN Jason Pajarillo
HA Ocar Perez
HA Dustin Pooch
HR Jeremy Reuter
HM3 Henrique Soares
HN Randall Tacbi
HN Cherrielyn Yabut
HN Mario Ybay
HM1 Curtis Trull
HA Rodney Barnum
HA Caleb Booher
HA Giavon Browning
HA Demarcus Cormier
HN Ronnie Heen
HA James Walker
HA James Salomaa
HM2 Christopher White
HM1 Micahel Santos
HM3 Jaime Rodriguez
HM2 Fernando Bobadilla
HM2 Jeremiah Lainer
HA Brandon Cowan
HN Timothy Gutierrez



Captain Mark O. Boman

Inside...

The year 2006 goals of the Health Promotion Office were to increase awareness of healthier lifestyles and behaviors for all staff and to improve the combat readiness of all active duty military. *page 2*

The staff of Naval Hospital Twentynine Palms is continuously searching for ways to improve the delivery of health care services to beneficiaries located at the Marine Corps Air Ground Combat Center and surrounding communities. *page 3*

Medicare prescription drug coverage is insurance provided by private companies approved by Medicare. *page 6*

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Continued on page 7

Year 2006 History...

Robert E Bush, Naval Hospital Twentynine Palms Health Promotion Office

By Martha Hunt, MA
Health Promotion Coordinator
Robert E. Bush Naval Hospital

The year 2006 goals of the Health Promotion Office were to increase awareness of healthier lifestyles and behaviors for all staff and to improve the combat readiness of all active duty military. Since tobacco use is the leading indicator of early medical discharge from the military, Health Promotions focused on getting the word out that tobacco use and combat readiness don't mix.

Tobacco classes were in full swing in 2006 with nearly 200 Active Duty, dependents and retirees passing through the classes. The tobacco cessation class continues to be expanded every year to make it both more user friendly and more comprehensive. The class includes the social, political, economic, genetic and neurological aspects of tobacco use as well as the original behavior modification, stress reduction and nutrition components. Materials for the class are constantly updated to include the latest information on

the risks of tobacco use. The overall success rate for the tobacco cessation class has consistently remained at or above 50 percent at three and six month checkups. The national average for tobacco cessation programs is 20-30 percent when measured at follow up. Active Duty Military are six times more likely to successfully give up tobacco than are their civilian counterparts. This is due to the strong military tradition of self discipline and a --get the job done --philosophy.

The Naval Hospital tobacco program also gets the message out about tobacco cessation by being part of the post deployment briefs that are given to all units returning from deployment. This is a great program run through Marine Corps Community Services Prevention and Education office and reaches an entire unit all at once to help them be healthier and in more control of their lives once they return home to Twentynine Palms.

The Naval Hospital was also honored to be selected to fill the Health Promotions slot on the BUMED Tobacco Control Action Team (TCAT). The

TCAT reviews tobacco cessation best practices and develops clinical practice guidelines and policies for the Navy and Marines as a whole.

In 2006, the Naval Hospital Tobacco cessation program teamed up with the State of California 'Project Uniform.' Project Uniform is the State of California tobacco program developed to help active duty stationed in California to kick the habit and become tobacco free. Active duty military in California have one of the highest tobacco use rates over any other special population in the state.

The Health Promotions program also continues to maintain the patient education area of the Naval Hospital. This is the glass breezeway that connects the

clinics to the rest of the main hospital. The patient education topics are rotated every month, offering five different displays each month that are relevant to the needs of the Twentynine Palms community. The topics of the displays are selected both from the National Calendar of Health Observances and from other topics that meet our unique needs such as critter safety and readiness issues.

In other areas, Health Promotions continues to maintain a web site in an effort to better meet the needs of the Naval Hospital and Marine Corps Air Ground Combat Center. The web site is accessible on the Internet at www.nhtp.med.navy.mil, by clicking on 'hospital services' on the top banner and then

selecting health promotions. Topics that are included on the web site include Tobacco Cessation, HIV Education, the Sexual Assault Victim Intervention (SAVI) Program, Stress Reduction, Community Resource Directory, Critter Safety, Critters of Morongo Basin, Critters of Afghanistan, Cybersafety, Health Promotion & Wellness Services, Sports Injury Treatment & Prevention, Women's Health, and Men's Health.

Overall, it was a busy year in Health Promotions with a focus on combat readiness, new program development and the constant update of new materials. Health Promotions looks forward to continuing to offer services and materials to the hospital and Combat Center.

Hospital Staff Play Major Role in Toys for Tots Program

Each year Toys for Tots at the Marine Corps Air Ground Combat Center relies on volunteers to make the program a success, and this year was no different as more than 50 hospital staff members donated a significant amount of their time to the year's drive.

According to Captain Mark O. Boman, Commanding Officer, Naval Hospital Twentynine Palms the success of the Combat Center's participation in the Toys for Tots program was due in large part to the commitment and generosity of so many Naval Hospital staff members.

"They all gave a lot of their time to help with an event or to answer telephones at the hotline so that deserving families in the community could call in and request toys," said Boman.

Lieutenant Commander Mary McAllister, as the Naval Hospital representative for the Toys for Tots Campaign, played a major role in enlisting volunteers from the hospital.

Toys were distributed to many grateful families in the local communities and to many of our military families assigned here.

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The Examiner welcomes your comments and suggestions concerning the publication. Deadline for submission of articles is the 15th of each month for the following month's edition. Any format is welcome, however, the preferred method of submission is by e-mail or by computer disk.

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Naval Hospital Publishes 2007 Strategic Plan

The staff of Naval Hospital Twentynine Palms is continuously searching for ways to improve the delivery of health care services to beneficiaries located at the Marine Corps Air Ground Combat Center and sur-

ment of the hospital's Strengths --Weaknesses -- Opportunities-- and, Threats to develop four goals for the hospital's Annual Plan. They are:
Clinical -- We will use the best clinical practices to deliver quality health care.

The Mission Statement —
“Be ready to deploy and deliver quality care and services in a safe environment.”

rounding communities.
To accomplish this task, several new initiatives are being implemented in the 2007 Strategic Plan to meet the hospital's new Mission and Vision statements.

The Mission Statement —
“Be ready to deploy and deliver quality care and services in a safe environment.”

The Vision Statement —
“To be the treatment facility of choice”

Values —
of “Honor, courage, and commitment. Doing what is right for our patients and staff in an effective and efficient manner.”

Strategic Plan Creation

To improve the quality of care while meeting the future trends in the political, economical, socio/cultural and technological arenas the command developed the Strategic Plan using the SWOT model, which evaluated the internal and external environ-

1. Ensure BUMED established business bench-

marks are achieved

The Vision Statement —
“To be the treatment facility of choice”

marks are achieved
2. Ensure that a Process Improvement culture is established with 100 percent of departments tracking metric based initiatives

People -- We will recruit, develop, and retain a quality staff.

1. Ensure that local advancement rate meets Navy average

Readiness -- We will

2. Ensure that Physical Readiness Program requirements increase pass rate by 1 percent per cycle
3. Ensure that FEP participation is at 100 percent

If you have a suggestion on how we can improve services to you please let us know on your next visit to the hospital... or bring it up at the Quarterly Healthcare Consumer Council meetings. The next council meeting is scheduled for Jan 17 at 2:30 p.m. in the Marine Corps Family Team Building Classroom in the Village Center.

1. Ensure patient safety benchmarks are achieved
2. Ensure all clinical indicators meet BUMED standards

Values —

“Honor, courage, and commitment. Doing what is right for our patients and staff in an effective and efficient manner.”

Business -- We will use sound business practices to deliver quality health care services.

ensure command and individual readiness to achieve maximum deployability.

1. Ensure BUMED estab-



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Famous Quotes...

Amidst all the clutter, beyond all the obstacles, aside from all the static, are the goals set. Put your head down, do the best job possible, let the flak pass, and work towards those goals.

Donald Rumsfeld



Super Stars



HM2 Jill Bankus, Emergency Medicine Department, is presented her third Good Conduct Medal.



CSSN Rachel Kaiser, Nutrition Management Department, receives a Letter of Commendation for her work on the 2006 Navy Birthday Ball Committee.



HA Patrick Jackson, Adult Medical Care Clinic, is presented with a Letter of Appreciation for his volunteer work at the Twentynine Palms Elementary School.



Seaman Apprentice Lindsay Russell, receives a Letter of Appreciation for her work on the 2006 Navy Birthday Ball Committee.



The following personnel have been frocked to their current rank... they are listed in no particular order: HM2 Emery; HM3 Bisson; HM3 Booher; HM3 Casler; CS3 Dominquez; HM3 Escobar; HM3 Gonzales; HM3 O'Connell; HM3 Ogumoro; HM3 Segun and HM3 Thomas.



Dave Saeva, SAD, presents a check for \$1,000.00 to the China Lake Navy-Marine Corps Relief Society on December 4. From left to right are CDR Tom Driver, China Lake Clinic OIC; Dave Saeva; Brenda Autobee-Bigalk, Chairman of Volunteers; and CAPT Mark Boman, Commanding Officer, Naval Hospital Twentynine Palms.

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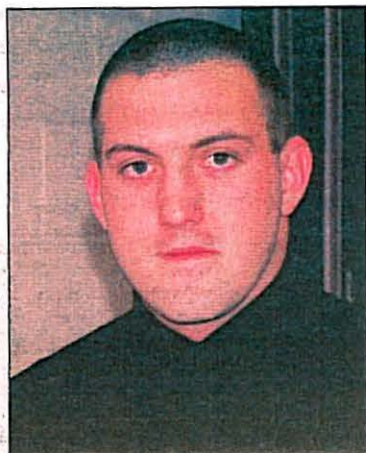


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HN Matt Gannon, Multi-Service Ward, received a Letter of Appreciation for his volunteer work at the Twentynine Palms Elementary School.



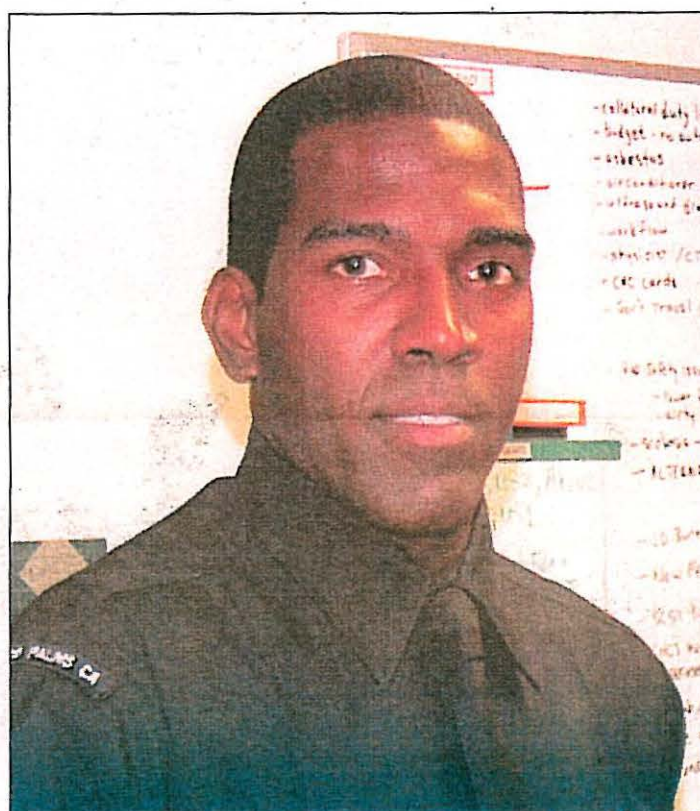
HN Robert Stone, Pharmacy Department, received a Letter of Appreciation for his work with the Combat Center's Sergeants Course.



LCDR Ann Case, Surgical Suite, received a 3-6-9 Certificate after completing running 300 miles.



Vanessa Renfroe a Red Cross Volunteer in the Family Practice Clinic received special recognition and an Honorable Desert Rat Certificate upon her departure from the Naval Hospital to accept a new job.

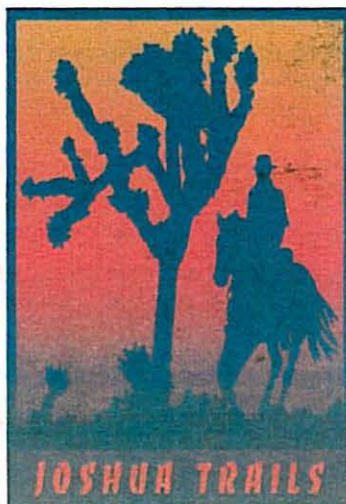


HM2 Dempsey Tomblin, Radiology Department, received a Navy and Marine Corps Commendation Medal upon his departure from the Naval Hospital on PSC orders.



HM1 Ubaldo Llanos, Education and Training Department accepts the National Ensign during the flag ceremony at his recent retirement ceremony. Petty Officer Llanos served the United States Navy honorably for 20years.

Continued on page 8



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What TRICARE beneficiaries need to know about Medicare Part D

By CiCi Cea
TriWest Healthcare Alliance

About Medicare Part D

Medicare prescription drug coverage is insurance provided by private companies approved by Medicare. The program became available to everyone with Medicare on January 1, 2006 and requires payment of a monthly premium. Individuals with limited income and resources may qualify for assistance from Medicare.

While this is not a TriWest- or TRICARE-sponsored program, some beneficiaries' TRICARE coverage has been affected, because some dual-eligible (Medicare and TRICARE) beneficiaries have been automatically enrolled in Medicare prescription drug coverage (Medicare Part D).

Auto-enrollments

According to Medicare, individuals automatically enrolled in Medicare Part D qualified for both Medicare and Medicaid, and were sent a letter from Medicare highlighting their new prescription drug coverage options.

Beneficiaries enrolled in Part D may disenroll only during certain 'enrollment periods,' such as the Annual Coordinated Election Period (AEP),

November 15 - December 31 of each year. During the AEP, everyone who is Medicare-eligible can enroll in a Part D plan for the first-time, switch to a new Part D plan, or disenroll from their current plan. Please contact Medicare to enroll, disenroll, or for information on additional enrollment periods.

How Does Medicare Part D Affect TRICARE Coverage?

If beneficiaries choose to purchase Medicare Part D, Medicare is then the primary payer and TRICARE, as second payer, will pay out-of-pocket expenses (deductible and cost shares) for TRICARE-covered medications. Dual-eligible beneficiaries will be required to submit a separate claim to WPS TDEFIC (TRICARE Dual-Eligible Fiscal Intermediary Contract), however TRICARE will not reimburse beneficiaries for the monthly Part D premium.

Is Medicare Part D Necessary?

Unlike many non-DoD Medicare beneficiaries, TRICARE beneficiaries already have a robust pharmacy benefit with no monthly premium and minimal copays for prescriptions filled at TRICARE retail network pharmacies, and no costs for prescriptions filled at military treatment facilities. Express Scripts offers beneficiaries the TRICARE Mail Order

Pharmacy (TMOP) program, which can save beneficiaries up to 66 percent off what they pay for prescriptions at a retail pharmacy.

For nearly all TRICARE-Medicare dual-eligible beneficiaries, under most circumstances, there is no added value in purchasing Medicare Part D. There may be an exception to this general rule for those with limited incomes and assets who qualify for Medicare assistance.

How Can Beneficiaries Disenroll From Medicare Part D?

Those who have been involuntarily enrolled in Medicare Part D may be able to disenroll by calling Medicare at 1-800-MEDICARE (1-800-633-4227). Medicare Part D is a Medicare program; therefore TRICARE and TriWest cannot disenroll beneficiaries from Part D coverage.

Further questions regarding Part D enrollment, including enrollment status, should be directed to Medicare: 1-800-MEDICARE (1-800-633-4227).

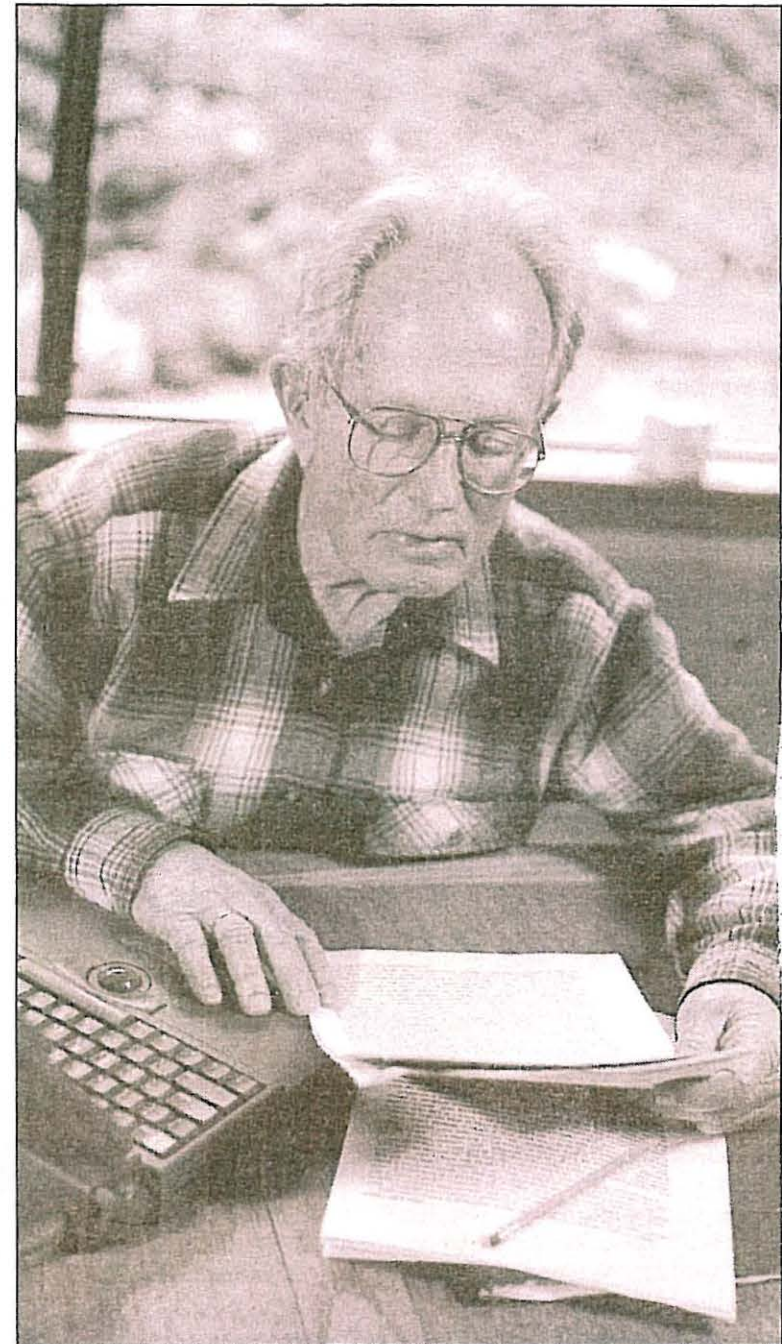
For more information about the TMOP program, please call Express Scripts at 1-866-DOD-TMOP (1-866-363-8667).

For information about the DoD TRICARE Retail Pharmacy pro-

gram, call 1-866-DOD-TRRX (1-866-363-8779).

CARE for Life, call 866-773-0404 (toll free) or visit www.tricare4u.com

For information about TRI-



TRICARE-Medicare dual-eligible beneficiaries should consider a number of factors when deciding whether or not to purchase Medicare Part D.)

Famous Quotes...

Your net worth to the world is usually determined by what remains after your bad habits are subtracted from your good ones.

Benjamin Franklin

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Mark 2006 As Another Successful Year at the Naval Hospital...

Continued from page 1

Patient Care/Satisfaction

We continue to delight our patients. While from time to time we may receive "suggestions for improvement" in areas related to access to care and pharmacy/prescription waiting times in particular, the "suggestions" are minimal and without negative trend.

2006 Annual Plan Team Accomplishments

In 2006, the Executive Board chartered 4 Annual Plan Teams to address areas and functionalities related to the Command's Strategic Plan "clinical, people, business, and readiness" goals. The following lists the individual team members and just a few of their accomplishments:

Clinical Goal Team: LCDR George (Team Leader), LCDR Johnson, LCDR Wyckoff, LCDR Burnell, LCDR McAllister, LCDR McKnight, LCDR Souther, LT Velazquez, LT Stone, and RN Jones.

- Provided numerous in-services to providers and support staff on the components of the Department of Defense Clinical Practice Guidelines.

- Arranged additional training for the respiratory therapist in pediatric pulmonary function testing.

- Spearheaded implementation of dispensing of aero chambers in the clinic.

- Ensured the Command rated greater than the Health Plan Employer Data and Information Set (HEDIS) 90th percentile in long-term medications for asthmatics.

- Facilitated the case management of 40 difficult to control diabetics.

- Created a template in AHLTA for more efficient documentation of diabetic exams.

- Facilitated the case management for every female with breast masses and/or abnormal mammograms.

- A training plan was developed and implemented ensuring hospital corpsmen in the primary care department become and stay well versed in their myriad duties and responsibilities related to patient care.

- The EZ Access appointing system was instituted for the

pediatric, family medicine, and internal medicine clinics thereby ensuring same-day access to care.

- An overview of Patient and Family-Centered Care was incorporated into the command orientation and annual update training program.

People Goal Team: LT Niles (Team Leader), LT Palmer (Team Leader), LT Lewis, HM2 Smith, HM1 Shannon, LT Luley, LT Del Carpio, YN2 Gavino, LT Mero, Ms. Niles, HMCS Noli, HN Wasson, HA Cruz.

- Christmas Care Package Drive for 2005 was a success, sending over 400 pounds of gifts to our deployers.

- Coordinated two "post-deployment" welcome back potluck functions.

- Provided to the command regular updates about personnel deployed.

Business Goal Team: LCDR Netzel (Team Leader), LTJG Lee, LTJG Panos, LCDR McAllister, ENS Bishop, Ms. Farnham, Mr. Knight, LCDR Haug, CDR Peterson, LCDR Breault, LT Wheelbarger, LCDR Yokley, LCDR Williamson, LT Fusilero, LTJG Chery.

- Developed the FY07 Business Plan.

- Developed a no-show policy.

- Facilitated measures to justify/validate the need for keeping Branch Health Clinic China Lake a primary care portal.

- Created a quarterly business dashboard format.

Readiness Goal Team: LT Mero (Team Leader), LT Stone, LT Delcarpio, LT Mathis, LT Hahn, CDR Heisler, LCDR McAllister, HM3 Kuehn, HM3 Cahow, LT Bruno, LT Wheelbarger, LT Henderson, Hm1 Minseinger, and HM2 Poole.

- Created an Individual Medical Readiness (IMR) monthly tracking sheet which then facilitated successful outcomes for our staff especially prior to, during, and post-deployment. With only one exception, every single staff member who deployed in 2006 did so successfully.

- Created a Fitness Enhancement Program (FEP) tracking sheet providing to leadership visibility of enrolled staff thereby affecting, where needed, direct intervention. While this initiative continues to be refined,

the team's efforts were instrumental, I believe, in facilitating the 40 percent decrease in the number of PFA (PRT/BCA) failures realized from the beginning of the year to our most recent PFA cycle in November.

Community Involvement

I cannot begin to tell you how impressed the Marine Corps Community Services (MCCS) Directorate continues to be with our involvement in Base-wide programs and functions.

Members of our command hold active membership in the Base's general counseling, family advo-

cacy, prevention, substance abuse, special needs, exceptional family member, health promotion, and physical fitness/nutrition programs. The Annual Quality of Life Expo was again a resounding success represented extremely well by a number of our personnel who set-up various education and awareness booths. Over 50 of our staff donated a significant amount of their time to this year's Marine Corps Toys for Tots Drive. Our Navy Ball, Holiday Party, and numerous officer and enlisted wardroom and MWR related

committee functions were huge successes enhancing command morale.

We are getting the job done! As always, there will be new challenges in the upcoming year and as always, we will respond selflessly, decisively and successfully keeping our patients and each other first and foremost in mind. I remain honored to serve with you and I wish each of you and your family members the very best.

Resp/CAPT Boman

Famous Quotes...

When I stand before God at the end of my life, I would hope that I would not have a single bit of talent left, and could say, "I used everything you gave me."

Erma Bombeck

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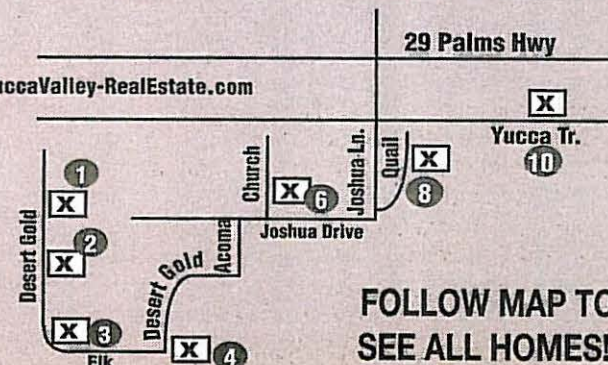
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Super Stars

Continued from page 5



CS1 (SW) Mario Reyes, Nutrition Services Department, receives a Letter of Appreciation for his volunteer work on the 2006 Navy Birthday Ball Committee.



HM2 Amy Hendrick, Pharmacy Department, receives a Letter of Commendation for her work on the 2006 Navy Birthday Ball Committee.



HM3 Jared Chiaia, Adult Medical Care Clinic, receives a Letter of Appreciation from the Twentynine Palms Elementary School for his volunteer work there.

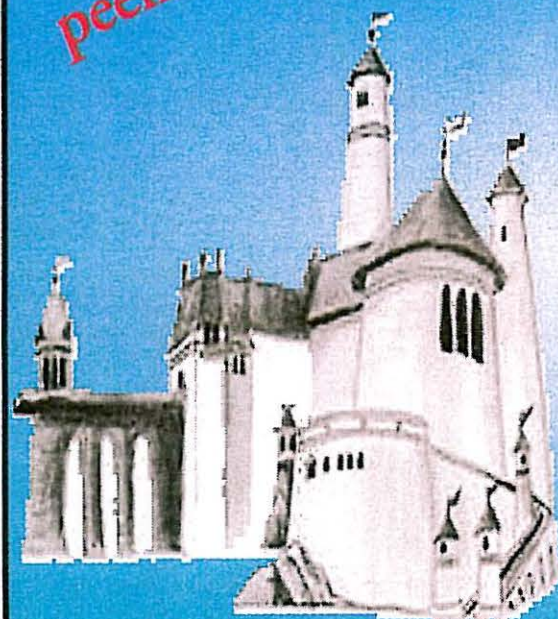


Ms. Judy Hughes, Health Care Operations, receives a 20-year Federal Length of Service Award



HM3 Dorian Rodriguez, Patient Administration Department, receives a Letter of Appreciation for her volunteer work on the 2006 Navy Birthday Ball Committee.

Take a peek!



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